

# Sardine Pyramids

## Pyramid Mat Treat

### Ingredients

- 1 Tin of Sardines in spring water
- Flour
- Egg
- 1 No Fuss Pyramid Mat

### Method

1. Drain and rinse the sardines.
2. Using a fork, mash the sardines until they have broken up.
3. Add one egg and mix
4. Add flour until you have a paste consistency. The amount of flour depends on the egg size you have used . Add it slowly until the mixture comes away cleanly from the bowl sides with a spatula.
5. Spread the mixture across a pyramid mat.
6. Top tip place your mat on a baking tray it makes it much easier to handle.
7. Pre-heat oven to 180 Degrees Celsius
8. Place the baking tray in oven for approx 10 mins until the edges and excess on mat start to crisp- leave to cool then simply turn out and store ready for use.
9. Can be frozen up to 6 months

